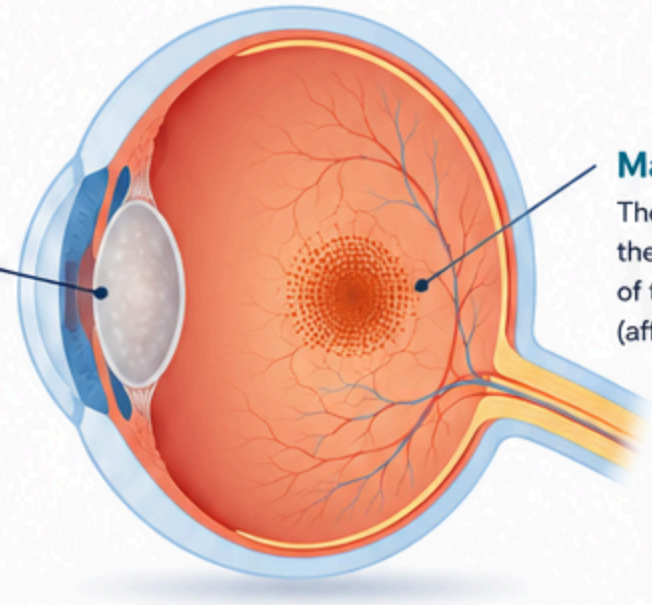
Cataracts and AMD:
A Patient Guide to Managing Both Conditions



1 Why Two Eye Conditions Can Develop at the Same Time

As we age, it's common for more than one eye condition to appear together. **Cataracts** and age-related macular degeneration (AMD) are two of the most frequent causes of vision change in older adults — and when they occur together, symptoms like blurry vision, faded colours, and difficulty reading or driving at night can feel confusing.

The good news: an accurate diagnosis and a personalised treatment plan can protect your eyesight and restore day-to-day comfort.

2 How Cataracts and AMD Affect Vision Differently

Condition	What It Affects	Common Symptoms			
Cataracts	The eye's natural lens becomes cloudy	Blurred/foggy vision	Glare from headlights	Faded colours	Poor night vision
AMD	The macula (central retina) is damaged	Wavy straight lines	Blank/dark central spots	Trouble recognising faces	Difficulty reading

Many patients describe cataracts as "looking through a dirty window," while AMD mainly disrupts sharp, central, detail-focused vision.

3 Warning Signs You Should Never Ignore

- Straight lines appearing wavy or distorted
- Sudden increase in light sensitivity
- New dark or blank patches in central vision
- Difficulty recognising familiar faces
- Trouble adjusting between bright and dim lighting

If any of these symptoms appear suddenly, seek urgent medical attention.

4 How Are Both Conditions Diagnosed?

Our specialists use advanced diagnostic tools to assess both the lens and the retina in a single, thorough consultation:

Dilated eye examination
Allows us to examine the overall health of your eyes.

Retinal imaging (OCT scans)
Captures detailed images of the macula and retina.

Visual acuity testing
Measures how well you can see at various distances.

Amsler grid testing for macular changes
Helps detect distortions or changes in central vision.

Treatment, Recovery, and Protecting Your Vision Long-Term

1 Can You Have Cataract Surgery If You Also Have AMD?

Yes. Most patients with AMD still benefit from cataract surgery. Your consultant will assess retinal health, the stage of your AMD, and your visual goals before recommending the best path forward.

Modern cataract surgery often improves brightness, reduces glare, and enhances overall visual clarity — even when AMD is present.

2 What to Expect During Cataract Surgery

1. Removal of the cloudy natural lens
2. Placement of a clear artificial lens
3. Short, outpatient procedure
4. Minimal discomfort
5. Gradual visual improvement over the following weeks

Important: Cataract surgery does not cure AMD.
The two conditions affect different eye structures, so ongoing retinal monitoring remains essential after surgery.

3 Surgical Outcomes by AMD Severity

Mild AMD

- Brighter vision
- Reduced glare
- Better contrast
- Easier reading

Advanced AMD

Improvement may be limited by existing retinal damage, but surgery can still enhance light perception and overall visual quality.

4 Daily Habits That Support Long-Term Eye Health

- Wear UV-protective sunglasses outdoors
- Eat leafy greens and colourful vegetables rich in lutein and zeaxanthin
- Include omega-3 fatty acids, vitamin C, and zinc in your diet
- Stop smoking
- Manage blood pressure
- Book regular, routine eye examinations

5 Questions Worth Asking Your Eye Specialist

- How advanced is my AMD?
- Will cataract surgery improve my daily activities?
- What are the risks specific to my case?
- How long is recovery, and what follow-up care do I need?

How The SEE Clinic Can Help

The SEE Clinic offers specialist, consultant-led care for patients managing cataracts, AMD, and other complex eye conditions, including:

- Precise diagnosis using advanced retinal and lens imaging
- Private cataract surgery with premium lens options
- Ongoing AMD monitoring and macular degeneration treatment
- Personalised, patient-centred consultations in a professional, reassuring setting

Book a consultation:
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